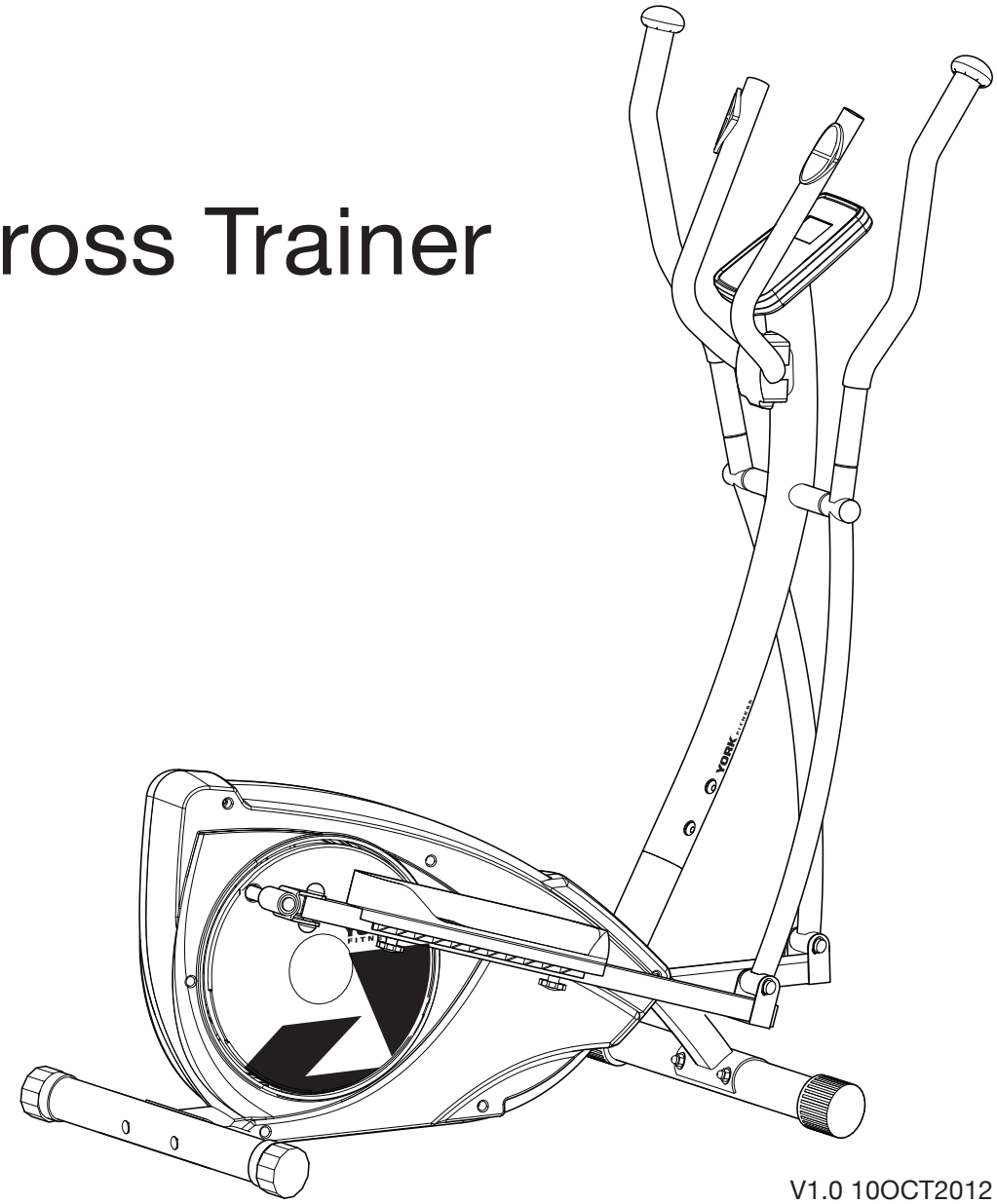
YORK®
FITNESS

Owner's Manual

Aspire Cross Trainer

52056



V1.0 10OCT2012

Table of contents

Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

Contents

Safety information	03
Customer support	04
Care & Maintenance	05
Assembly instructions	05
Operational instructions	12
Troubleshooting	15
Fitness guide	16
Exploded drawing	18
Part list	20

Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- Ensure that the seat height is adjusted correctly. You should be stable and balanced while on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight while exercising, especially for long periods.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 130kg

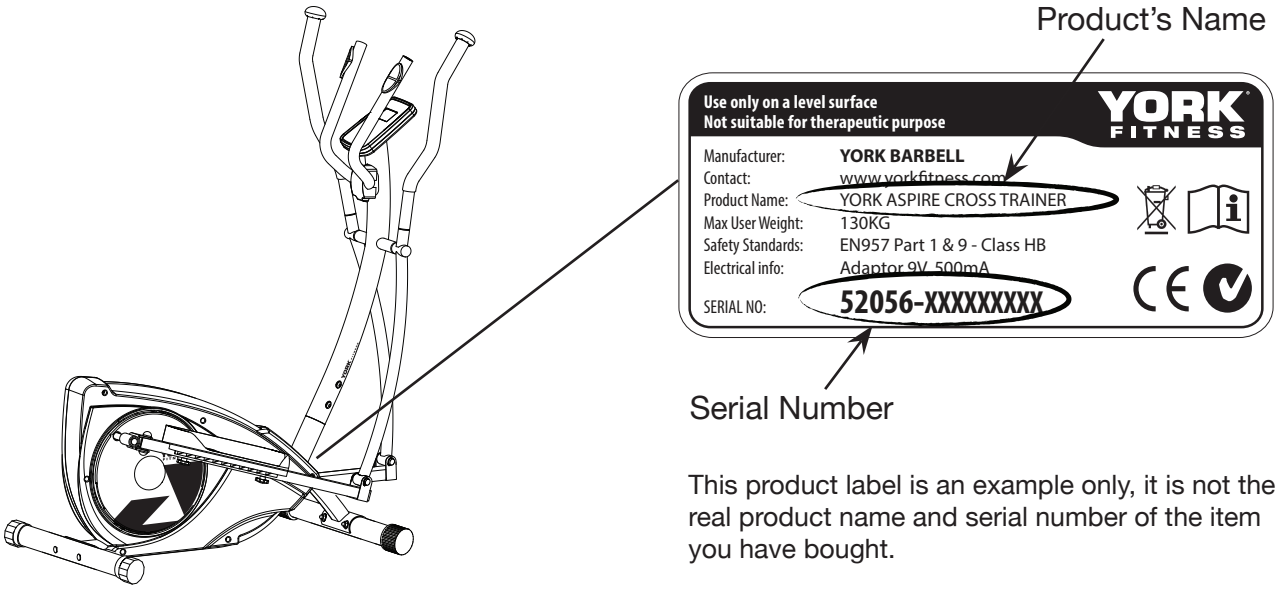
Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 9 - CLASS HB. Therefore the equipment carries the following marks:

Customer support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect


Product's Name
Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: www.yorkfitness.com
Product Name: YORK ASPIRE CROSS TRAINER
Max User Weight: 130KG
Safety Standards: EN957 Part 1 & 9 - Class HB
Electrical info: Adaptor 9V 500mA
SERIAL NO: 52056-XXXXXXXXX
Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry, England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto, PO Box 5130, NSW 2566
Tel: 1800 730 149

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

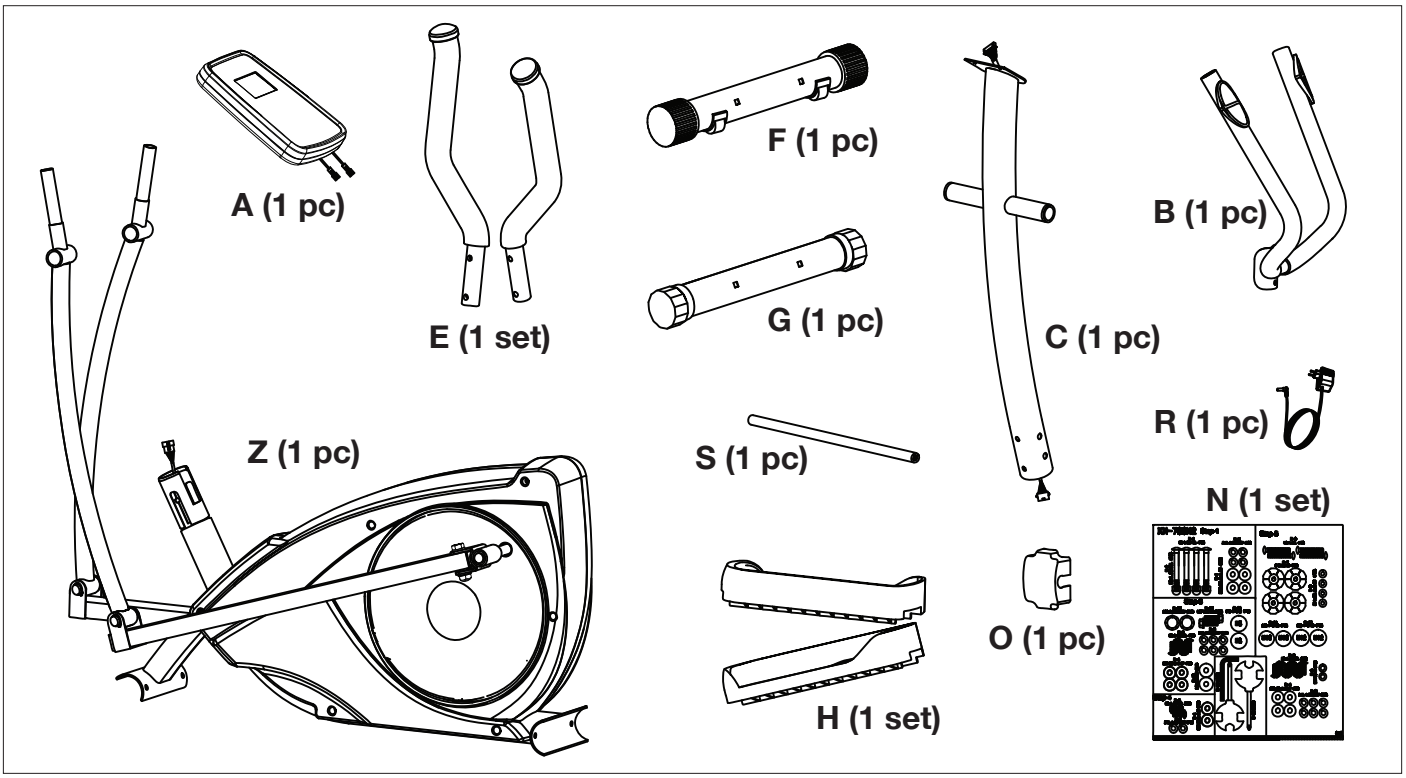
PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

WORK WITH A FRIEND - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

OPEN THE CARTON - Check any warnings on the carton and make sure you have it the right way up.

UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

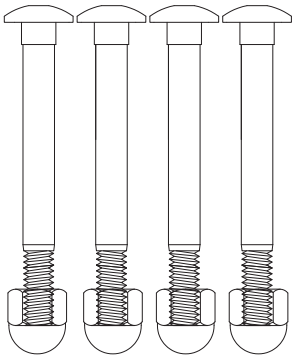
Make sure you have the following parts:



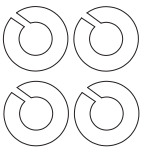
Assembly instructions

Make sure you have the following parts:

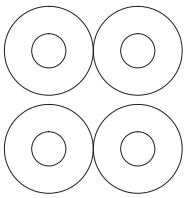
Step 1



N-1 (4pcs)
M8*1.25*75L



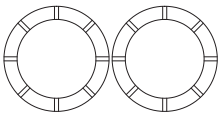
N-3 (4pcs)
D15.4*D8.2*2T



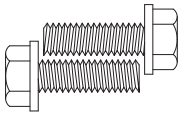
N-2 (4pcs)
M8*1.25*15L

N-4 (4pcs)
D22*D8.5*1.5T

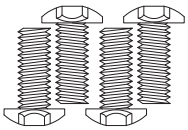
Step 3



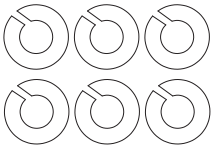
N-10 (2pcs)
D26*D19.5*0.3T



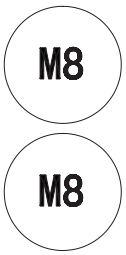
N-12 (2pcs)
M8*1.25*25L



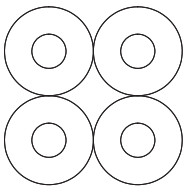
N-5 (4pcs)
M8 x 1.25 x 20L



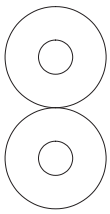
N-3 (6pcs)
D15.4 x D8.2 x 2T



N-11 (2pcs)
D29*21 (M8)

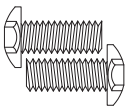


N-4 (4pcs)
D22 x D8.5 x 1.5T



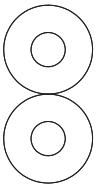
N-13 (2pcs)
D25 x D8.5 x 2T

Step 4



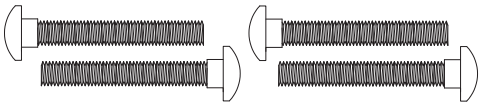
N-5 (2pcs)
M8 x 1.25 x 20L

N-3 (2pcs)
D15.4 x D8.2 x 2T

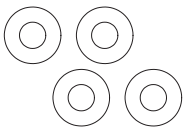


N-4 (2pcs)
D22 x D8.5 x 1.5T

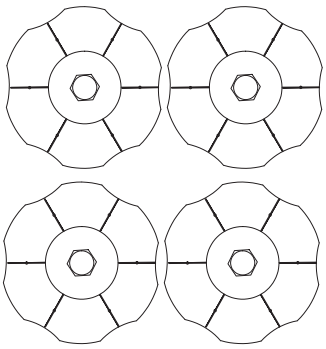
Step 5



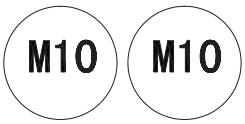
N-9 (4pcs)
M6 x 1 x 45L



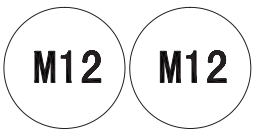
N-8 (4pcs)
D14 x D6.5 x 0.8T



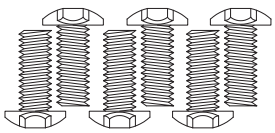
N-7 (4pcs)
D40 x M6 x 12



N-14 (2pcs)
D28*17 (M10)

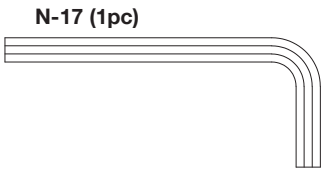


N-15 (2pcs)
D30*17 (M12)

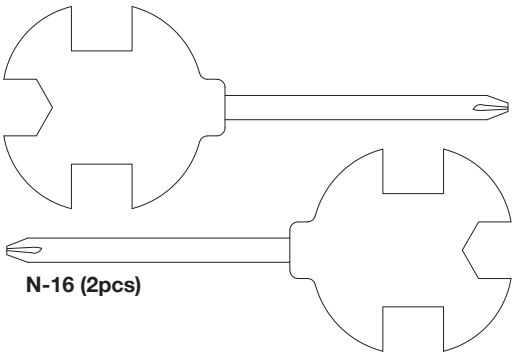


N-5 (6pcs)
M8 x 1.25 x 20L

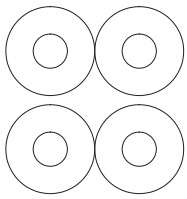
N-6 (2pcs)
D14*D8*4T



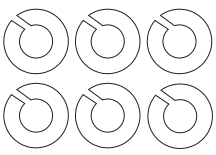
N-17 (1pc)



N-16 (2pcs)

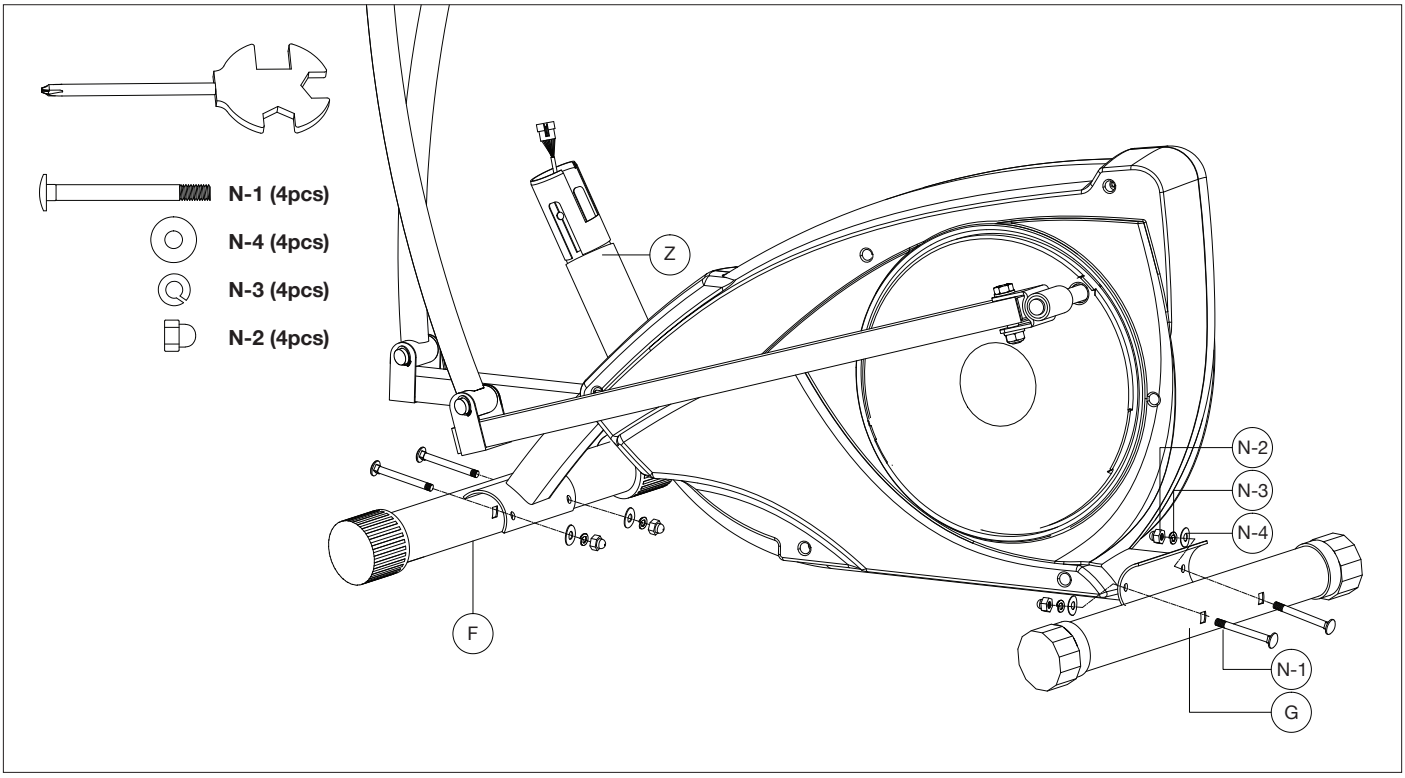


N-4 (4pcs)
D22 x D8.5 x 1.5T

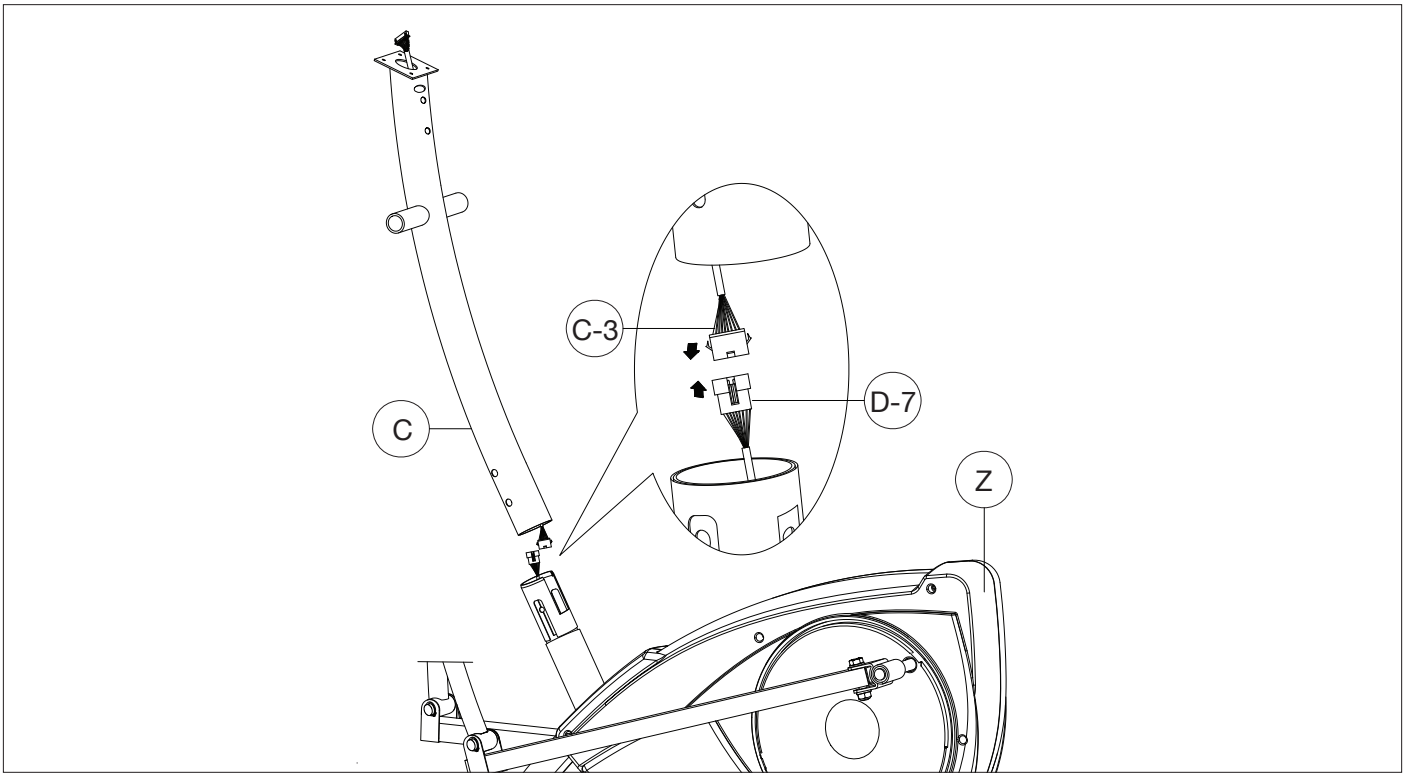


N-3 (6pcs)
D15.4 x D8.2 x 2T

STEP 1

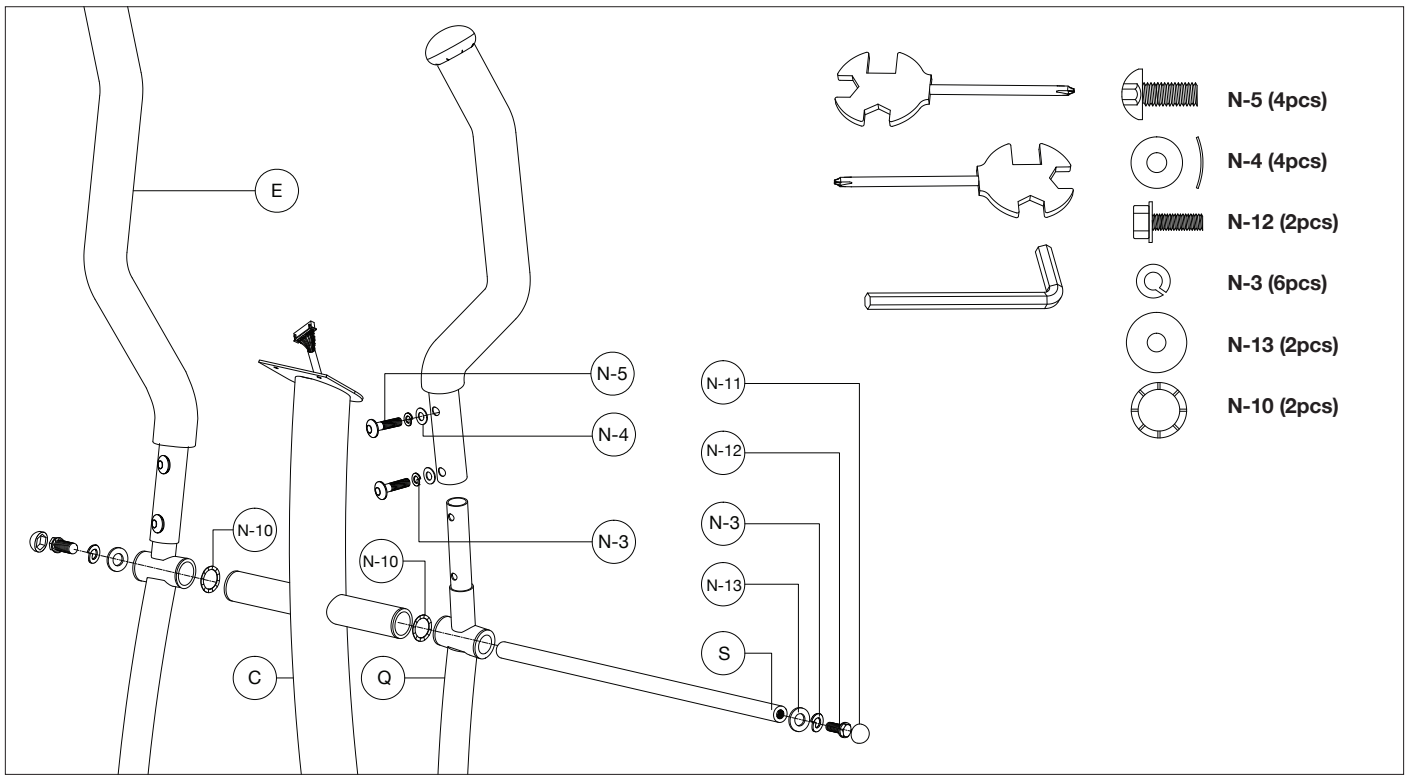


STEP 2

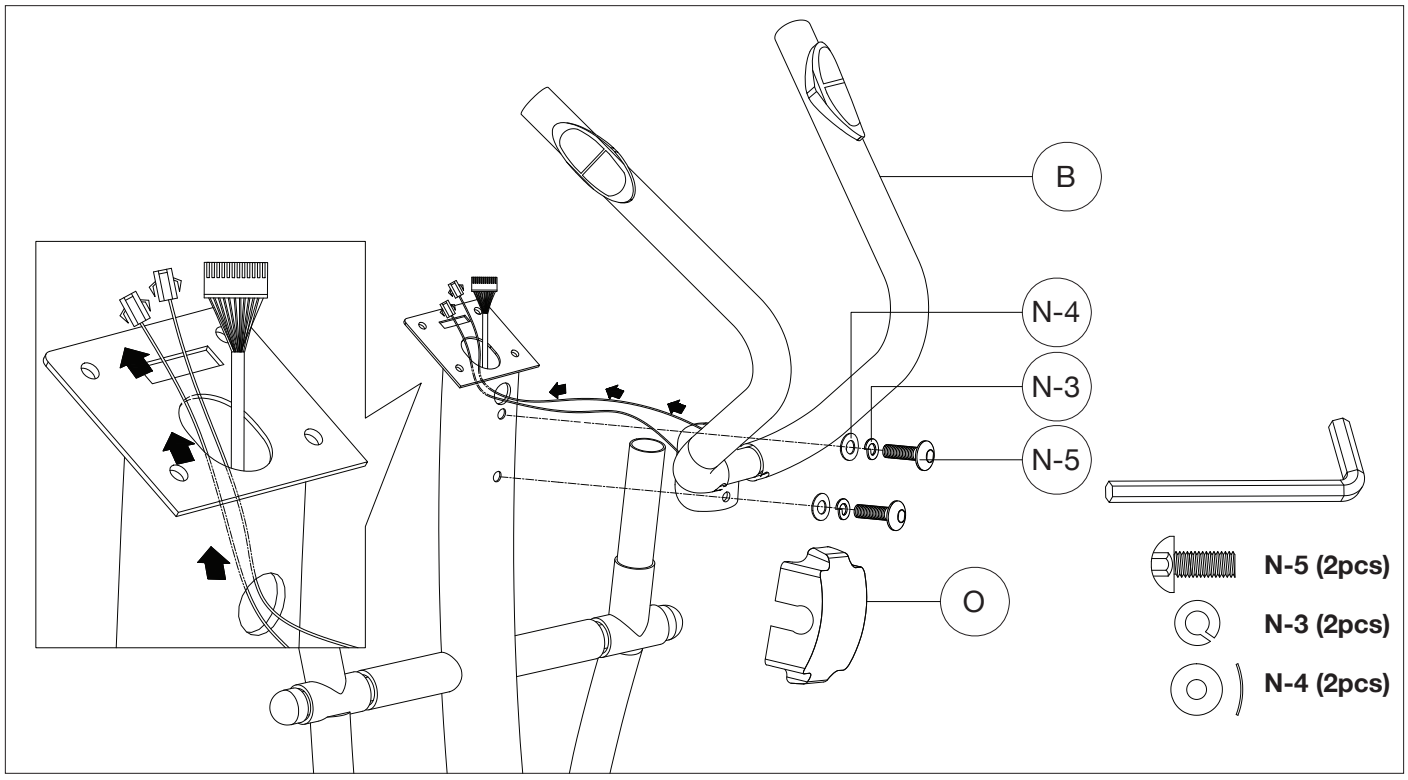


Assembly instructions

STEP 3



STEP 4



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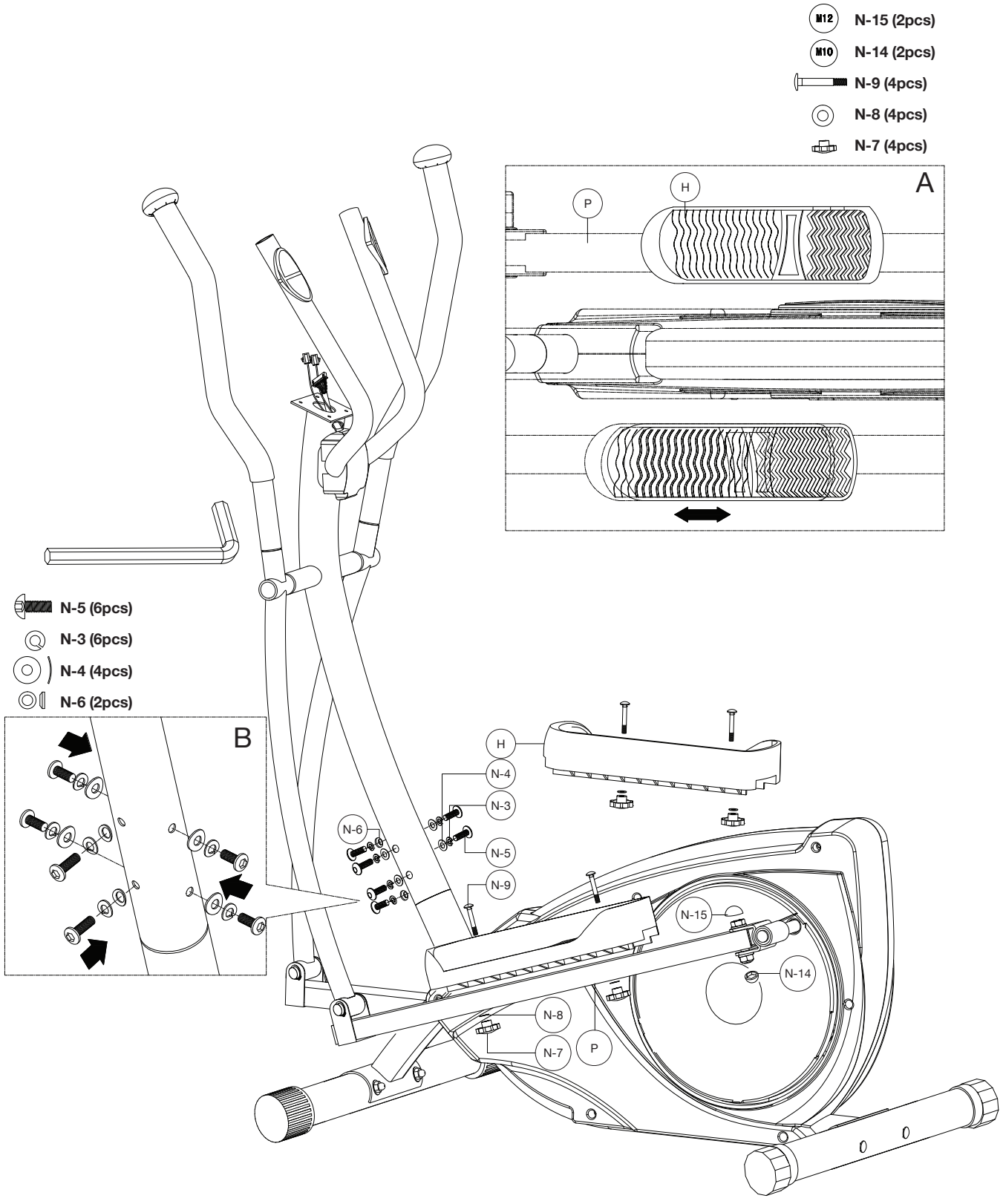
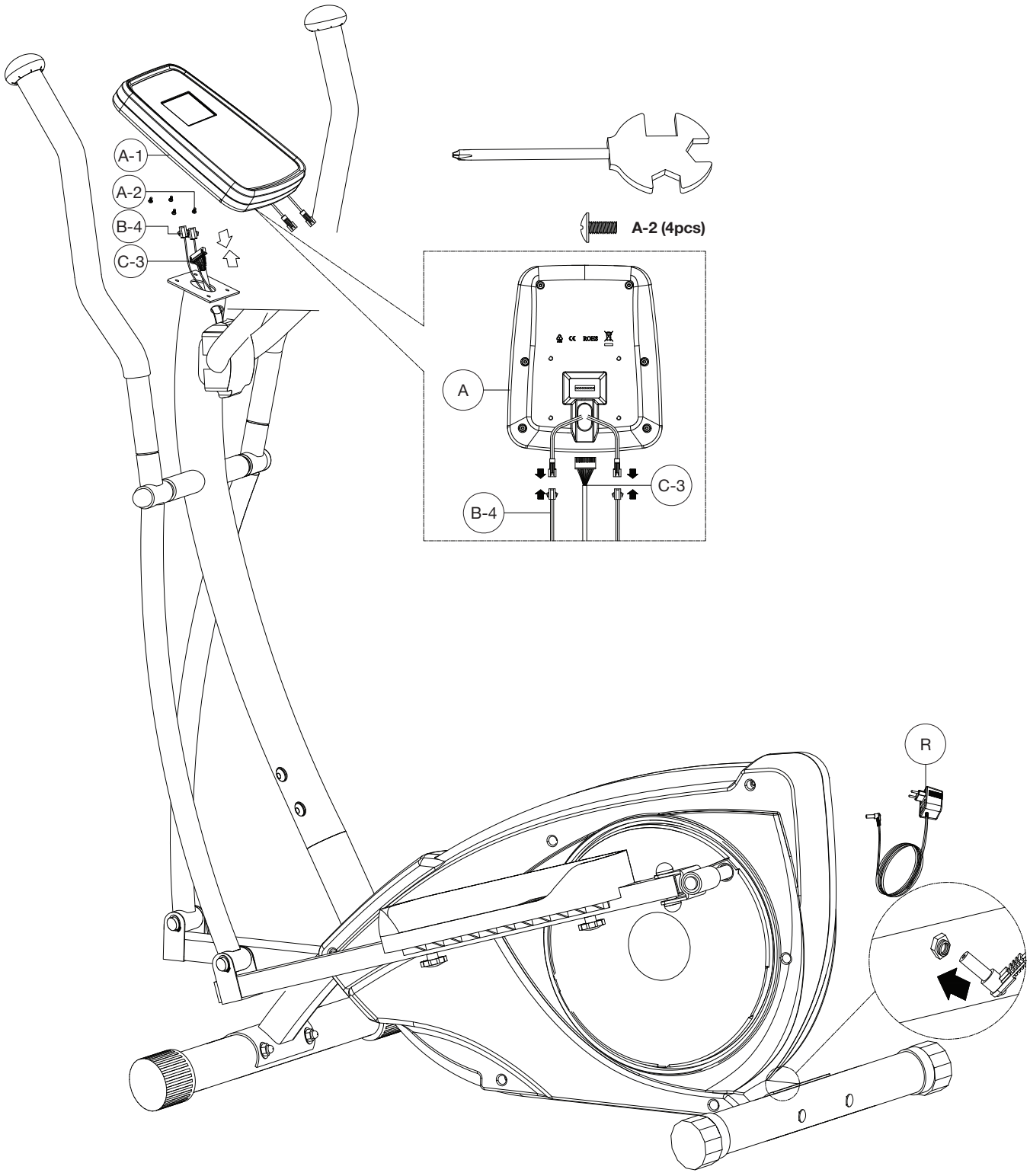
STEP 5



Assembly instructions

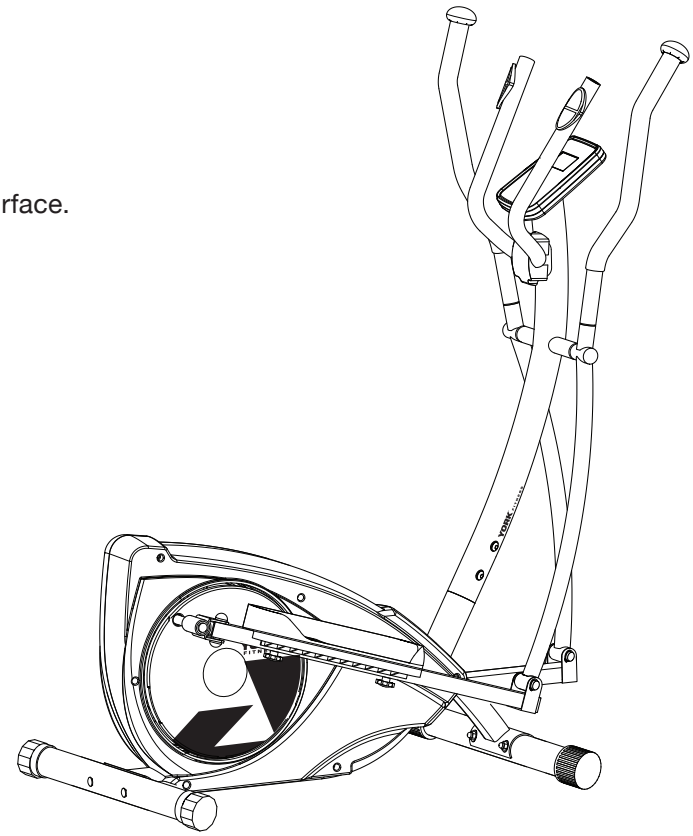
STEP 6



Final Check

Your exercise equipment is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

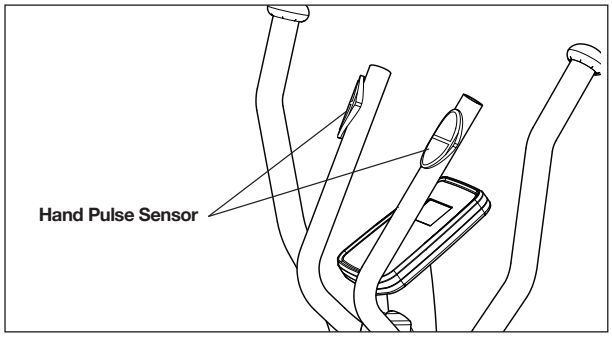


Adjusting The Resistance

This exercise equipment features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply use the UP / DOWN buttons on the console.

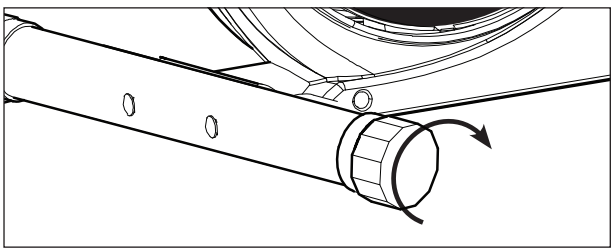
Hand Pulse Sensors

This exercise equipment is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



Levelling Your Cross Trainer

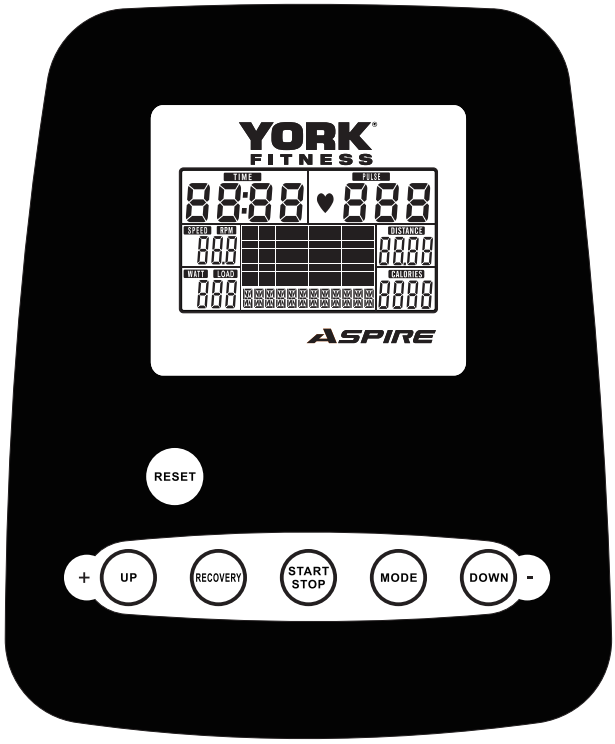
To help you level the cross trainer on uneven surface, 2 height adjusters are included on the rear stabilizers. Simply twist these around to adjust the height of the cross trainer.



Operational instructions

Console:

DISPLAY	DESCRIPTION
Up	• Increase resistance level • Setting selection.
Down	• Decrease resistance level • Setting selection.
Mode	• Confirm setting or selection.
Reset	• Press and hold for 2 seconds, computer will reboot and start from user setting. • Go back to main menu during presetting workout value or stop mode.
Start/ Stop	• Start or Stop workout.
Recovery	• Test heart rate recovery status.



Display Functions:

DISPLAY	DESCRIPTION
TIME	• Workout time displayed during exercise. • Range 0:00 ~ 99:59
SPEED	• Workout speed displayed during exercise. • Range 0.0 ~ 99.9
DISTANCE	• Workout distance displayed during exercise. • Range 0.0 ~ 99.9
CALORIES	• Burned calories during workout display. • Range 0 ~ 999
PULSE	• Pulse bpm displayed during exercise. • Pulse alarm when over preset target pulse.
RPM	• Rotation per minute • Range 0 ~ 999
WATT	• Workout power consumption • In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	• Manual mode workout.
PROGRAM	• 12 PROGRAM selection.
USER	• User creates resistance level profile.
H.R.C.	• Target HR training mode.

Power On

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

Manual Mode

Press START in main menu to start workout in manual mode.

1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Program Mode

1. Press UP or DOWN to select workout program, choose the Program and press Mode to enter. (Total Program = 12)
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

User Program Mode

1. Press UP or DOWN to select workout program, choose User and press Mode to enter.
2. Press UP or DOWN to set load level of each column, and press MODE to next one. (Total column = 20)
3. Hold on pressing MODE to finish or quit setting.
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP key to start workout. (Press UP or DOWN to adjust load level.)
6. Press START/STOP key to pause workout. (Press RESET to reverse to main menu.)

H.R.C. Mode

1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or DOWN to set up age (default: 25) (setting range: 1~99)
3. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP key to start or stop workout. Press RESET to go back to main menu.

Operational instructions

WATT Mode

1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. (Press UP or DOWN to adjust Watt level.)
5. Press START/STOP key to pause workout. (Press RESET to reverse to main menu.)

Recovery

1. The user must be holding the handgrips. When the pulse value is displayed on the computer, press on the RECOVERY key.
2. TIME shows “0:60” (seconds) and count down.

Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

1.0	OUTSTANDING
1.0 ~ 1.9	EXCELLENT
2.0 ~ 2.9	GOOD
3.0 ~ 3.9	FAIR
4.0 ~ 5.9	BELOW AVERAGE
6.0	POOR

Troubleshooting

If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CORRECTION
NO DISPLAY	Check if batteries are inserted correctly, check batteries.
NO PULSE SIGNAL	Verify all wires are connected properly
DISPLAY: E-2	Check if cables are well connected or damaged.

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSISTS, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Fitness guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Cross-training Form

To start using the cross trainer, simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse: The cross trainer can be used in the forward and reverse direction to vary the muscles that you workout. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment: The load level of cross trainer can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

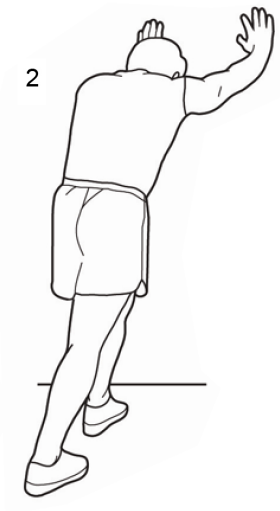
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

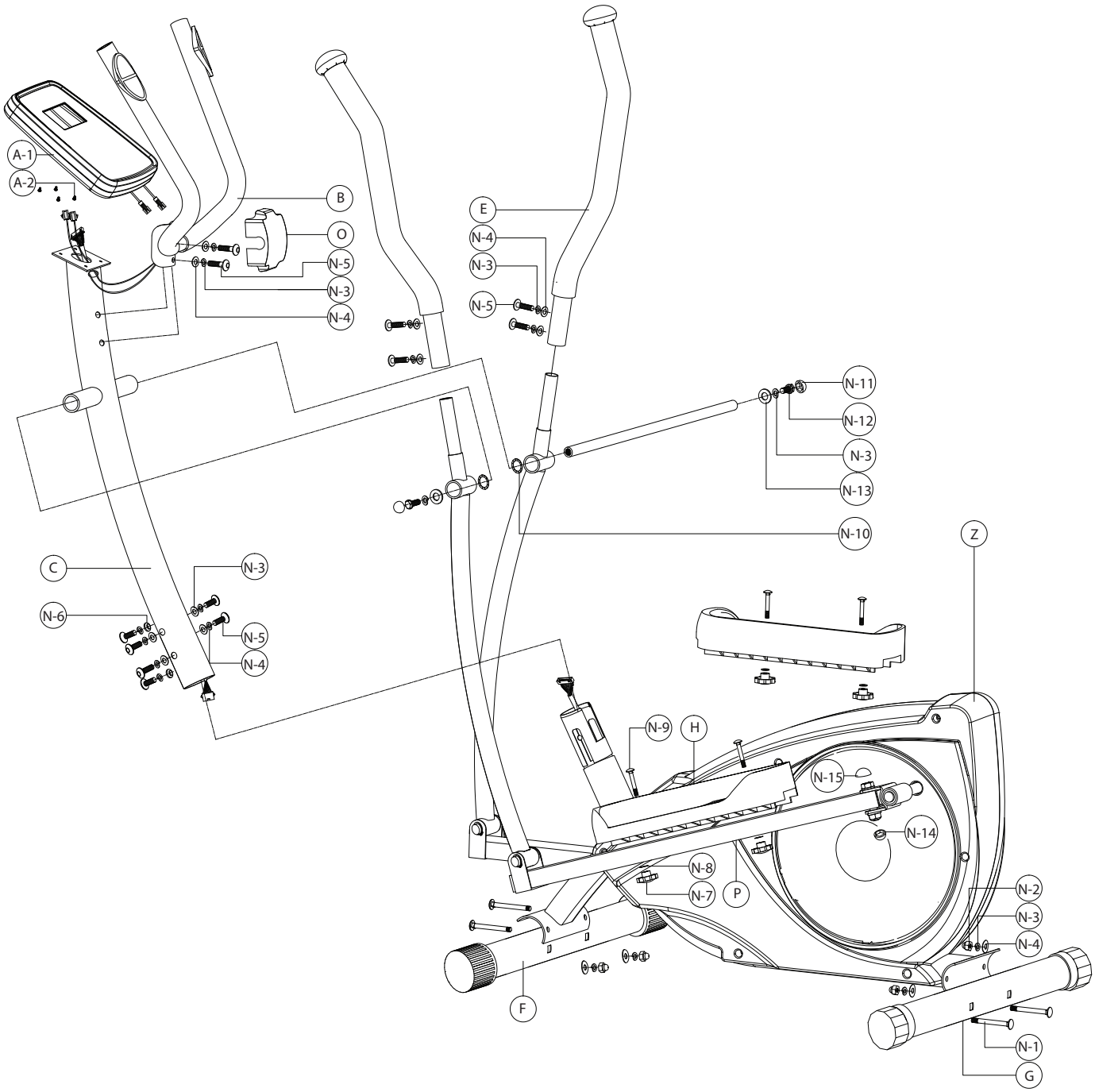
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

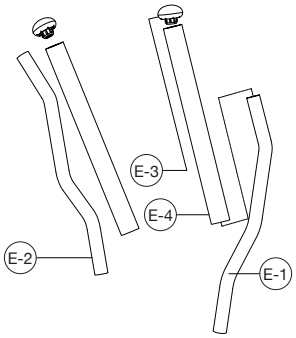
Always consult your doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor.

Exploded drawing



YORK FITNESS

E



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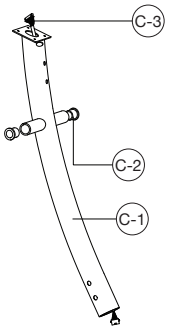

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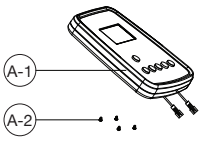

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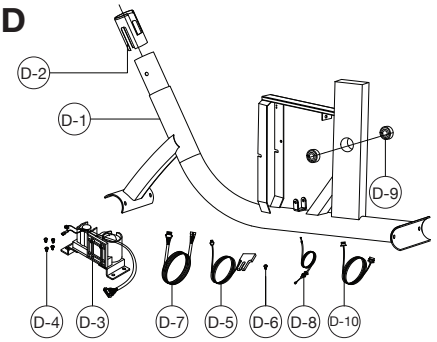

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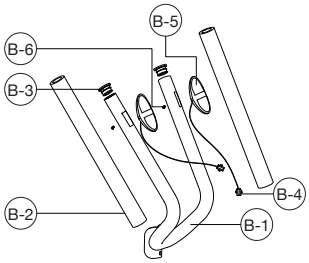

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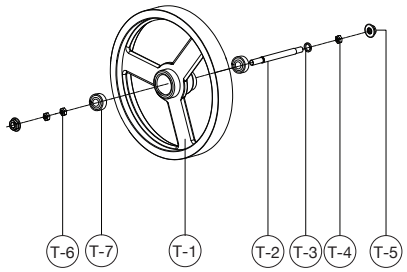

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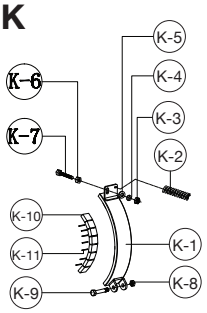

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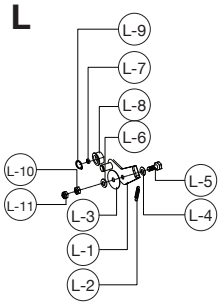

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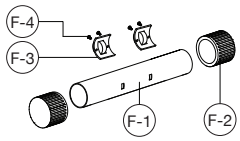

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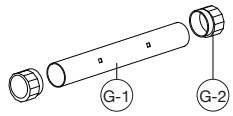

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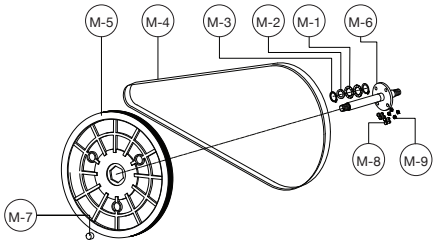

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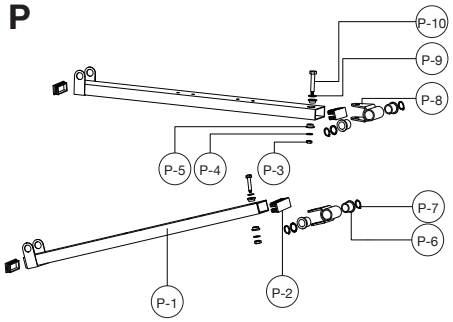

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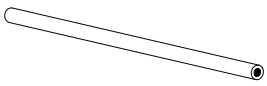

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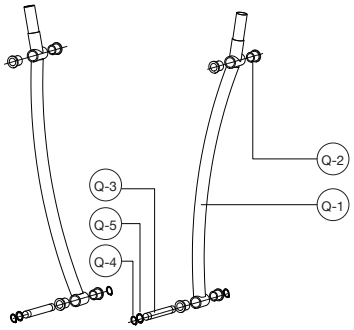

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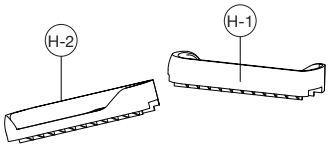

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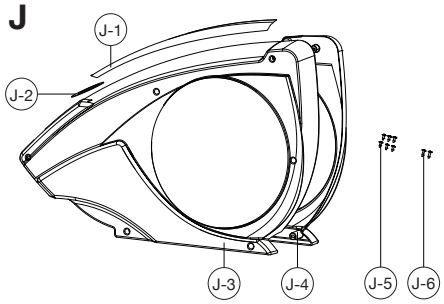

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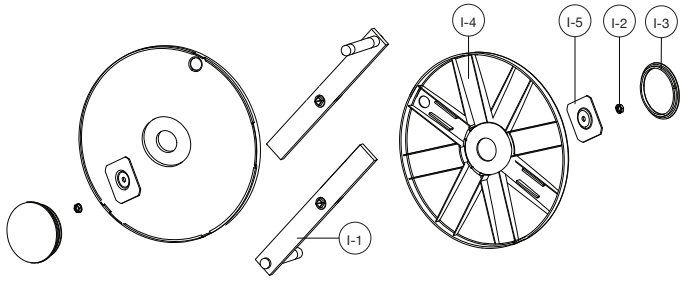

Part list

YORK REF.	REF.	DESCRIPTION	QTY.
52056A00	A	COMPUTER SET	1
52056A01	A-1	COMPUTER (SM-2761-67)	1
52056A02	A-2	BOLT (M5*0.8*10L)	4
52056B00	B	FIXING BAR SET	1
52056B01	B-1	FIXED HANDLEBAR	1
52056B02	B-2	FOAM (D23X4TX480L)	2
52056B03	B-3	HALF BALL CAP	2
52056B04	B-4	HANDLE PULSE CABLE (600L)	2
52056B05	B-5	HANDLE PULSE SENSOR	2
52056B06	B-6	SCREW (ST4X1.41X20L)	2
52056C00	C	HANDLEBAR POST SET	1
52056C01	C-1	HANDLEBAR POST	1
52056C02	C-2	BUSHING - D19.15X(D25.6X32)XL(17+3)	2
52056C03	C-3	UPPER COMPUTER CABLE (900L)	1
52056D00	D	MAIN FRAME SET	1
52056D01	D-1	MAIN FRAME	1
52056D02	D-2	INNER TUBE	1
52056D03	D-3	MOTOR	1
52056D04	D-4	SCREW (ST4.2*1.4*15L)	2
52056D05	D-5	SENSOR CABLE (100L)	1
52056D06	D-6	BOLT (M5*0.8*10L)	1
52056D07	D-7	LOWER COMPUTER CABLE (1000L)	1
52056D08	D-8	TENSION CABLE (D1.2*230L)	1
52056D09	D-9	BEARING (#6003ZZ)	2
52056D10	D-10	ELECTRIC CABLE (150L)	1
52056E00	E	HANDLEBAR SET	1
52056E01	E-1	RIGHT HANDLE BAR	1
52056E02	E-2	LEFT HANDLE BAR	1
52056E03	E-3	MUSHROOM CAP (D1 1/4"*45 L)	2
52056E04	E-4	FOAM (D30*4T*440L)	2
52056F00	F	FRONT STABILIZER SET	1
52056F01	F-1	FRONT STABILIZER	1
52056F02	F-2	ROUND FOOT CAP	2
52056F03	F-3	FOOT CAP	2
52056F04	F-4	SCREW (ST4*1.41*12L)	4
52056G00	G	REAR STABILIZER SET	1
52056G01	G-1	REAR STABILIZER	1
52056G02	G-2	FOOT CAP(12 ANGLE) - D60XD75X50L	2
52056H00	H	PEDAL SET	1SET
52056H01	H-1	LEFT PEDAL	1
52056H02	H-2	RIGHT PEDAL	1
52056I00	I	CRANK SET	1
52056I01	I-1	CRANK	2
52056I02	I-2	ANTI-LOOSEN NUT (M10*1.25*7T)	2
52056I03	I-3	SIDE CAP	2
52056I04	I-4	ROUND COVER	2
52056I05	I-5	FLAT WASHER (D90XD10X3T*7.5)	2
52056J00	J	CHAIN COVER SET	1
52056J01	J-1	UPPER DECORATIVE COVER	1
52056J02	J-2	ROUND RING FOR CHAIN COVER	1
52056J03	J-3	LEFT CHAIN COVER	1
52056J04	J-4	RIGHT CHAIN COVER	1
52056J05	J-5	SCREW (ST4.2X1.4X20L)	9

YORK REF.	REF.	DESCRIPTION	QTY.
52056J06	J-6	SCREW (ST4.2*20L)	2
52056K00	K	FIXING PLATE FOR MAGNET SET	1
52056K01	K-1	FIXING PLATE FOR MAGNET	1
52056K02	K-2	SPRING (D1.0*55L)	1
52056K03	K-3	NYLON NUT (M6*1*6T)	1
52056K04	K-4	FLAT WASHER (D13*D6.5*1.0T)	1
52056K05	K-5	NYLON WASHER (D6*D19*1.5T)	1
52056K06	K-6	NUT (M6*1*6T)	1
52056K07	K-7	BOLT (M6*65L)	1
52056K08	K-8	NYLON NUT (M8*1.25*8T)	1
52056K09	K-9	BOLT (M8*52L)	1
52056K10	K-10	MAGNET	8
52056K11	K-11	PLATE FOR MAGNET	7
52056L00	L	FIXING PLATE FOR IDLE WHEEL SET	1
52056L01	L-1	FIXING PLATE FOR IDLE WHEEL	1
52056L02	L-2	SPRING (D3*D17*59L)	1
52056L03	L-3	FLAT WASHER (D50*D10*3.0T)	1
52056L04	L-4	PLASTIC FLAT WASHER (D10*D24*0.4T)	1
52056L05	L-5	BOLT (M8*1.25*30L)	1
52056L06	L-6	FLAT WASHER (D30*D8.2*3.0T)	1
52056L07	L-7	FIXING RING	1
52056L08	L-8	IDLE WHEEL	1
52056L09	L-9	C-CLIP - S-10(1T)	1
52056L10	L-10	NUT (M8*1.25*6T)	1
52056L11	L-11	NYLON NUT (M8*1.25*8T)	1
52056M00	M	BELT WHEEL SET	1
52056M01	M-1	WAVED WASHER (D17*D22*0.3T)	2
52056M02	M-2	FLAT WASHER (D23*D17.2*1.5T)	1
52056M03	M-3	C-CLIP - S-17(1T)	2
52056M04	M-4	BELT (1118L PJ5)	1
52056M05	M-5	BELT WHEEL (D280*19)	1
52056M06	M-6	CRANK AXLE	1
52056M07	M-7	ROUND MAGNET	1
52056M08	M-8	BOLT (M6*1.0*15L)	4
52056M09	M-9	NYLON NUT (M6X1.0X6T)	4
52056N01	N-1	SQUARE NECK BOLT (M8X1.25X75L)	4
52056N02	N-2	DOMED NUT (M8X1.25X15L)	4
52056N03	N-3	SPRING WASHER (D15.4XD8.2X2T)	18
52056N04	N-4	CURVED WASHER (D22XD8.5X1.5T)	14
52056N05	N-5	ALLEN BOLT (M8X1.25X20L)	12
52056N06	N-6	CONED WASHER (D14*D8*4)	2
52056N07	N-7	CLUB KNOB	4
52056N08	N-8	FLAT WASHER (D14XD6.5X0.8T)	4
52056N09	N-9	SQUARE NECK BOLT (M6*1*45L)	4
52056N10	N-10	WAVED WASHER (D26*D19.5*0.3T)	2
52056N11	N-11	SCREW COVER - D29*21(M8)	2
52056N12	N-12	BOLT (M8X1.25X25)	2
52056N13	N-13	FLAT WASHER (D25XD8.5X2T)	2
52056N14	N-14	SCREW COVER - D28*17(M10)	2
52056N15	N-15	SCREW COVER - D30*17(M12)	2
52056O00	O	PROTECTIVE COVER	1
52056P00	P	PEDAL SUPPORT SET	1
52056P01	P-1	PEDAL SUPPORTING TUBE	2

YORK REF.	REF.	DESCRIPTION	QTY.
52056P02	P-2	SQUARE CAP (30*60*15)	4
52056P03	P-3	NYLON NUT (M10*1.5*10T)	2
52056P04	P-4	FLAT WASHER (D20*D11*2.0T)	2
52056P05	P-5	BUSHING - D19.15X(D25.6X32)XL(17+3)	4
52056P06	P-6	BUSHING (D29*D11.9*9T)	4
52056P07	P-7	C-CLIP (D21.5XD17.5X1.2T)	4
52056P08	P-8	JOINT	2
52056P09	P-9	FLAT WASHER (D24*D13.5*2.5T)	2
52056P10	P-10	LADDER BOLT (M10*1.5*58L)	2
52056Q00	Q	MOVEABLE SUPPORTING TUBE SET	1
52056Q01	Q-1	MOVEABLE SUPPORTING TUBE	2
52056Q02	Q-2	BUSHING - D19.15X(D25.6X32)XL(17+3)	8
52056Q03	Q-3	FRONT PEDAL AXLE	2
52056Q04	Q-4	C-CLIP (D21.5XD17.5X1.2T)	4
52056Q05	Q-5	WAVED WASHER (D26*D19.5*0.3T)	2
52056R00	R	ADAPTOR	1
52056S00	S	AXLE - D19X374.5(M8X1.25)	1
52056T00	T	FLY WHEEL SET	1
52056T01	T-1	FLY WHEEL	1
52056T02	T-2	FLY WHEEL AXLE	1
52056T03	T-3	FIXING RING (D13*D10*1.9T)	1
52056T04	T-4	NUT - D9.5X4T(3/8"-26UNFX3T)	1
52056T05	T-5	ANTI-LOOSEN NUT (3/8"-26UNF*6.5T)	2
52056T06	T-6	NUT - D9.5X5T(3/8"-26UNFX5T)	2
52056T07	T-7	BEARING - (#6000ZZ)	2

Notes

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FITNESS

www.yorkfitness.com